

NOVEMBER 2016

Mon		Tue		Wed		Thu		Fri	
		1	9AM Seniorcise 9AM Table Tennis 11AM Whist Card Game 5:30PM C/W Line Dancing	2	10AM COASTLINERS 10AM Line Dancing 10:30AM Yoga 10:45AM Bridge 12:15PM-1:45PM Mah Jongg 1:45PM-4:00PM Hand & Foot	3	9AM Seniorcise 11AM Whist Card Game 1:30PM SHINE	4	9AM Seniorcise 9AM Table Tennis 9:30AM-11:30AM Mah Jongg 10AM Line Dancing 11:30AM-3:00PM Hand & Foot 1PM BINGO
7	9AM Crafts Group 10:45AM Bridge 12PM-1:30PM Mah Jongg 1:30PM Movie-Emma's Chance 1:30PM-4:00PM Hand & Foot	8	9AM Seniorcise 9AM Table Tennis 11AM Whist Card Game 5:30PM C/W Line Dancing (ELECTION DAY)	9	10AM Line Dancing 10:30AM Yoga 10:45AM Bridge 12:15PM-1:45PM Mah Jongg 1:45PM-4:00PM Hand & Foot	10	9AM Seniorcise 11AM Whist Card Game	11	9AM Seniorcise 9AM Table Tennis 9:30AM-11:30AM Mah Jongg 10AM Line Dancing 11:30AM-3:00PM Hand & Foot 1PM BINGO
14	9AM Crafts Group 10:45AM Bridge 12PM-1:30PM Mah Jongg 1:30PM Movie-The Jungle Book 1:30PM-4:00PM Hand & Foot	15	9AM-2PM Craft Sale-Civic Center 9AM Seniorcise 9AM Table Tennis 11AM Whist Card Game 5:30PM C/W Line Dancing	16	10AM Line Dancing 10:30AM Yoga 10:45AM Bridge 12:15PM-1:45PM Mah Jongg 1:45PM-4:00PM Hand & Foot	17	9AM Seniorcise 11AM Whist Card Game	18	9AM Seniorcise 9AM Table Tennis 9:30AM-11:30AM Mah Jongg 10AM Line Dancing 11:30AM-3:00PM Hand & Foot 1PM BINGO
21	9AM Crafts Group 10:45AM Bridge 11:30AM Lunch & Learn 12PM-1:30PM Mah Jongg 1:30PM Movie-Money Monster 1:30PM-4:00PM Hand & Foot	22	9AM Seniorcise 9AM Table Tennis 11AM Whist Card Game 5:30PM C/W Line Dancing	23	10AM Line Dancing 10:30AM Yoga 10:45AM Bridge 12:15PM-1:45PM Mah Jongg 1:45PM-4:00PM Hand & Foot	24	CLOSED HAPPY THANKSGIVING!	25	CLOSED
28	9AM Crafts Group 10:45AM Bridge 12PM-1:30PM Mah Jongg 1:30PM Movie-Dark Horse 1:30PM-4:00PM Hand & Foot	29	9AM Seniorcise 9AM Table Tennis 11AM Whist Card Game 5:30PM C/W Line Dancing	30	10AM Line Dancing 10:30AM Yoga 10:45AM Bridge 12:15PM-1:45PM Mah Jongg 1:45PM-4:00PM Hand & Foot				

Senior Center Supervisor
 Kim Eltonhead
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Sanford Senior Center
 407.688.5129
 www.sanfordfl.gov

401 E. Seminole Blvd
 P.O. Box 1788
 Sanford, FL 32771

NOVEMBER 2016

Crafts Group.....Monday 9:00AM
Billiards-Pool Tables.....Mon-Fri 8AM-4:30PM
Bingo...(Cards 50 Cents Each)...Every Friday 1:00PM
Brain Fitness Game.....Mon-Fri 8AM-4:30PM
Bridge.....Monday & Weds 10:45AM
Cable TV To Enjoy.....Mon-Fri 8AM-4:30PM
Computer Usage.....Mon-Fri 8:00AM-4:30PM
H2U Meetings.....Held At C.F.R.H.
Library.....Mon-Fri 8:00AM-4:30PM
Mah Jongg.....See Dated Schedule For Days & Times
Movies.....Every Monday 1:30PM
Seniorgise.....Tues, Thurs, Fri 9:00AM
S.H.I.N.E.....1st Thursday 1:30PM
Table Tennis.....Tues & Fri 9:00AM
Whist Cards.....Tues & Thurs 11:00AM
Yoga.....Wednesdays 10:30AM

Exercise & Dance Programs

C/W Line Dancing.....Tues 5:30PM-7:30PM
Line Dancing Lessons.....Wed & Fri 10AM-Noon
Seniorgise.....Tues, Thurs & Fri 9AM-10AM
Yoga.....Wednesdays 10:30AM-11:30AM

S.H.I.N.E Elders Insurance Needs No Appts.
First Thursday Of Each Month - 1:30PM-3:30PM
FREE Counseling On Medicare, Medigap, HMO's,
Medicaid, Prescription Drug Plans,
And Long Term Care

Golden Age Games-Information **P. O. BOX 1788, Sanford, FL. 32772-1788**

Dates of Golden Age Games: **Nov 5th-12th, 2016**
Website: <http://www.sanfordfl.gov/index.aspx?page=370>

Florida Senior State Games Dec. 3rd-11th, 2016

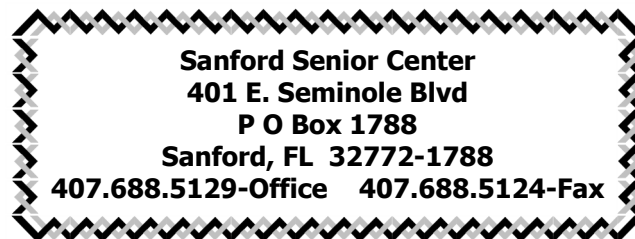
Information: 1-866-354-2637 (Toll Free)
Location: Clearwater, FL
Website: www.flasports.com

2016 is qualifying year for 2017 National Senior Games

June 2nd-15th, 2016
Location: Birmingham, AL
Website: www.nsga.com

Operating Hours

Mon, Wed, Thurs & Fri.....7:30AM-4:30PM
Tues.....7:30AM-7:30PM



Sanford Senior Center
401 E. Seminole Blvd
P O Box 1788

Sanford, FL 32772-1788
407.688.5129-Office 407.688.5124-Fax

CLOSED
THURSDAY & FRIDAY
NOVEMBER 24th & 25th
HAPPY THANKSGIVING!

Pickleball—(FREE) Every Wednesday
8:30AM—10:30AM Can Bring Paddles,
Chairs, & Drinks
Call For Location And Information

Craft Sale—Tuesday, November 15th
Sanford Civic Center—9:00AM-2:00PM
Crafts For Fall, Thanksgiving,
Christmas, etc. Stop In And Shop!
Call Senior Center For Further Information
(Proceeds Go To Craft Club Projects For Local
Nursing Homes & Dialysis Centers)

Lunch & Learn - FREE - Light Lunch
Monday, November 21, 2016 - 11:30AM
Topic - "Flu Influenza, Pharmacy And
Medicine Comparisons"
Speaker: Dr. Vasile (JSA/DaVita Health Care)
Sign Up At Senior Center By: 11/18/2016
(No Lunch & Learns Till-January 23, 2017)

AARP Drive Alive Class-Monday, December 5, 2016

9:00AM - 3:30PM
Further Information/Sign Ups At The
Sanford Senior Center 407.688.5129

HOLIDAY CHRISTMAS PARTY
Sanford Civic Center Building
Thursday, December 15, 2016
Cost: \$5.00 Doors Open At 11:30AM
Lunch Served At 12Noon!
Sign Up At The Senior Center By: 12/9/16

BINGO - Fridays
(Starts At 1PM)
1PM Bingo—Every Friday of the Month
Cards .50 cents each. Cash Prizes!

MOVIES-MONDAYS

November 7th - "Emma's Chance"

While volunteering at a horse rescue, Emma forms an unlikely bond with an abused horse that won't let anyone else ride her. Gaining new skills and confidence, Emma hatches a plan to redeem herself and ultimately save the ranch she's grown to love.

November 14th - "The Jungle Book"

Inspired by the animated Disney classic, this live-action adaptation of Rudyard Kipling's beloved novel follows young Mowgli as he navigates a jungle full of wonder and peril with his animal allies Bagheera the panther and Baloo the bear.

November 21st - "Money Monster"

Landing in dire financial straits after following a stock tip from bombastic TV persona Lee Gates, fuming Kyle Budwell takes the lout hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell.

November 28th - "Dark Horse"

In a bid to develop a champion racehorse, Welsh barmaid Jan Vokes and her husband persuade 30 pub patrons to Purchase ownership shares in the long-shot venture leading to the hoof-pounding saga chronicled in this upbeat documentary.

***IT'S COLD SEASON - Please if Anyone Feels Or Gets Sick With Any Kind Of Cold Related Symptoms? DO NOT COME INTO THE SENIOR CENTER. Please Be Courteous To Others.**
Thank You.